

HAVING FEVER...

If a thermometer indicates 38° or more, provided that we have no allergies and there are no contraindications, we may take paracetamol or ibuprofen every 8 hours. Let us not forget that fever is a sign of the body's defence system. If in 48 hours we still have temperature then we can ask for an appointment with the doctor. Within 48 hours, if there are no more symptoms or the fever does not exceed 40°, we can wait to ask for an appointment.

COUGHING...

If we do neither have a sensation of choking nor dark mucus then we can take a cough mixture (syrup) to lighten the cough. If the cough lasts for more than three or four days, or the fever exceeds 38° or we have difficulty breathing, or bloody mucus or sharp chest pain, then we will ask for an appointment with the doctor.

HAVING AN EARACHE...

To lighten it, we may take paracetamol every 6 hours or ibuprofen every 8 hours provided that we have no allergies and there are no contraindications. If past 24 hours, pain does not improve or we have fever, we will ask for an appointment with the doctor.

VOMITING...

We will try drinking fluids; one at a time but often. We will not be able to eat anything solid after 6 hours from the last vomiting. If fever appears or we don't improve within 48 hours then we will call for an appointment with the doctor.

HAVING A BELLY ACHE...

First we will try with a soft food diet (boiled aliments). Also we may take paracetamol every 6-8 hours. If it is accompanied by an important swelling, or your belly is hard and painful to the touch or you have fever, then ask for an appointment with the doctor.

HAVING DIARRHOEA...

Usually they are mild viral gastroenteritis and within two days, the problem is solved with an astringent diet: boiled rice, grilled chicken (white meat), baked apples, toasting ... We may ensure good hydration (we can use traded oral solutions).



If past 48 hours, pain does not improve or it gets complicated by fever, blood or mucus with your stool, ask for an appointment with the doctor.

HAVING A COLD...

The colds have no specific treatment; normally they can be treated in few days. A cold is meant to be: mucus, headache, throat ache, coughing... slight temperature... One must rest at home; drink a lot, above all natural citrus fruits since they have a lot of vitamin C. For the discomfort, you may take every 6 hours paracetamol or ibuprofen provided that we have no allergies and there are no contraindications. If high fever ap-



pears or if there is any alarm signals we will ask for an appointment with the doctor.

HAVING A SORE THROAT...

If we don't have fever is often a mere pharyngitis and its treatment is with paracetamol every 6 hours or ibuprofen every 8 hours provided that we have no allergies and there are no contraindications. If we don't improve within 48 hours or fever appears, your throat bleeds or white patches appear on your tonsils then we may ask for an appointment with the doctor.

BUMPS, FALLS AND SMALL INJURIES...

Cold is the best treatment to reduce the inflammation, for that we advise you to use gel (or something cold) for small contusions, never put it directly on the skin, always wrap it with a cloth in order to avoid the skin get burnt. If doing this, one feels better then there is no need to go to the doctor. If pain persists, there is swelling, or we cannot move the part of the affected body, we will consult our health centre.

In case of pain, you may require a painkiller like paracetamol.

If we fall and we have small scratches, we can clean them with water and soap, and we apply disinfectant. The injuries must remain clean. If necessary, we will cover up the scratch with clean gauze.

HAVING FEVER...

If a thermometer indicates 38° or more, provided that we have no allergies, we may take paracetamol or Ibuprofen every 8 hours, with an appropriate dose individually adapted to the weight of the child (be sure to follow the directions that come with the package). You may take the medicines together alternating them every 4 hours. Let us not forget that fever is a sign of the body's defence system. If we see spots on the skin or if in 48 hours we still have temperature then we can ask for an appointment with the paediatrician. Within 48 hours, if there are no more symptoms or the fever does not exceed 40°, we can wait to ask for an appointment. Recall the traditional measures to bring down a high fever: put wet clothes on the wrists, ankles and forehead, and use a cool bath (placing the child in a bath with the temperature of the water 1° less than the temperature of the child's body, once in the bath you must turn on the cold water tap, with a small water flow until the water temperature reaches 36°, at the same time we soak the child's body)

COUGHING...

If the baby has not got asthma and the cough is not lasting for more than 2 days, we can use a cough mixture (syrup). If the baby feels anxious or he can't sleep, or the fever exceeds 38° or he has difficulty breathing, we ask for an appointment with the paediatrician.

HAVING AN EARACHE...

If there is no fever, you may give your child every 8 hours paracetamol or Ibuprofen; with an appropriate dose individually adapted to the weight of the child (be sure to follow the directions that come with the package). If after 24 hours, pain does not improve and the fever appears then we ask for an appointment with the paediatrician.

VOMITING...

We'll try to give him short sips of cold water. If the baby tends to have acetone, we can put a little bit sugar in the water or we can give him a candy or a non-carbonated cold sweet drink. When we see that the baby tolerates cold drinks, we can give him something to eat. If fever appears or the baby doesn't improve within 24 hours then call for an appointment with the paediatrician.

HAVING A BELLY ACHE...

Pay close attention to your baby. There is no need to make a special diet. Keep an eye on him if he vomits or he has got watery stools. It is important to check the number and kind of watery stools. Painkillers are not needed, since they may hide the symptoms of other illnesses. The warning signs are the following ones: having a hard belly, temperature, signs of sleepiness, and ongoing vomiting.

HAVING DIARRHOEA...

Usually they are mild viral gastroenteritis and within two days, the problem is solved with an astringent diet: boiled rice with carrots, ripe banana, boiled apple or cooked in the oven, vegetable milk (almonds or soya). In the case of the breastfeeding infants, you must boil rice or carrots and keep the water and then you can prepare baby bottles, adding only half of the measured amount of milk, increasing 1 measure every 2 baby bottles. Maintain adequate hydration. When the bowel movements get better, we can start eating chicken, toasted bread and yogurt. If in 48 hours, the baby doesn't feel better and it gets complicated by fever, or we notice that he doesn't urinate or he feels sleepy,

blood or pus in stool, we will ask for an appointment with the paediatrician.

HAVING A COLD...

The colds have no specific treatment; normally it can be treated in few days. A cold is meant to be: mucus, headache, throat ache, coughing a little, slight temperature... One must rest at home; drink a lot, above all natural citrus fruits since they have a lot of vitamin C. We can use saline nasal wash to open a blocked nose. For the discomfort, you may give your child every 8 hours paracetamol or Ibuprofen, with an appropriate dose individually adapted to the weight of the child (be sure to follow the directions that come with the package). If it could become complicated with another symptom like shortness of breath or a severe ear pain, we will ask for an appointment with the paediatrician.

HAVING A SORE THROAT...

If it pains the baby only when he swallows, we can give him paracetamol or ibuprofen every 8 hours, if there is no allergies to the medicine, with a dose according to the weight of the baby (you must check it in the prospectus). Just in case of high temperature or white spots in the mouth we will ask for an appointment with the paediatrician. If there are ulcers in the mouth it corresponds with a viral condition and we can use an antiseptic which we can buy at the chemists. If in 2 days, his health is not improving or if there is a complication with fever then we will ask for an appointment with the paediatrician.



ALARM SIGNALS...

- Burns, bites and bad injuries.
- Blows to the head causing him to vomit, sleepiness or changes of mood.
- Diarrhoea or persistent vomiting, or severe vomiting, and reject any food or drink.
- Febrile seizures.
- Potent cry, irritability, does not tolerate bright light, paleness, great weakness, blue marks on skin.
- Rapid breathing or shortness of breath, blue lips or choking sensations.
- Fainting or unconsciousness.
- Paleness or foaming at the mouth.
- Lethargy and passivity.
- Strong pain which it cannot be eased.
- The baby cannot swallow.
- Swollen tummy.
- Blood in stool or in the urine.

BUMPS, FALLS AND SMALL INJURIES...

Cold is the best way to reduce inflammation for that we advise you to use ice (or something cold), never put it directly on the skin, always wrap it with a cloth in order to avoid the skin get burnt. If doing this, one feels better then there is no need to go to the paediatrician. If the baby still moans or if he cannot move the part of the body which pains him and the swelling is going on, than we can go to the health centre.

If we fall and we have small scratches, we can clean them with water and soap, and we apply disinfectant. The injuries must remain clean. If necessary, we will cover up the scratch with clean gauze.